



Conscious Contact

Information and Inspiration from District 10, NIA

It'll Be O.K.

Vol. 20, No. 3

April 2021

- Next District Meeting
Sunday, April 25th at 6PM Zoom, Live and Hybrid. Traditions meeting at 5:30PM St. Gilberts Church. Grayslake, IL 60030
- Submit content for the next issue no later than April 20th

Any AA member may contribute content for this newsletter. Page 4 includes how to submit content for publication.

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“I am responsible . . .

When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that:

I am responsible.”

Northern Illinois Area 20
District 10, P. O. Box 854
Libertyville, IL 60048

www.district10nia.org

www.aa-nia.org

www.aa.org

www.aagrapevine.org

Opinions expressed herein are those of the authors and do not necessarily reflect the thinking of Alcoholics Anonymous, NIA, District 10 or other Conscious Contact volunteers.

After reading chapter 7 - “Working with Others” at our Saturday morning group, we began sharing all the different ways of how we got started in sobriety. I for one was thankful that no one ever told me that the mess I created in my life because of my alcoholism, was all going to go away as soon as I got sober! In fact, they were quick to point out the “pink cloud” on the horizon I would experience, only to see that it would all too soon turn gray again. It was clear, there was going to be work ahead of me. I just wanted it to be “ok” but unfortunately, life was not going to wait for me to catch up! These men also were quick to point me to the last sentence on page 99, “Remind the prospect that his recovery is not dependent upon people” Continued on page 100 - “It is dependent on his relationship with God” Because of their care in presenting the straight facts, I understood I could not be there for my wife, my job, or my “status” in the community. I had to be there for me.

I am a strong reader but even I could not sit still and read the same book over and over...even the Big Book. Thank God for the “Big Book” meeting! It is thoroughly amazing the things we pick-up that we have read so many times! Such was the case that Saturday morning, as we were reading in “Working with Others” - it hit me. A sentence I have read literally hundreds of times over the years. It struck me with a powerful reminiscent blow. When talking about a possible opportunity to help, it says at the very bottom of page 92. “Even though your protege may not have entirely admitted his condition, he has become very curious to know how you got well.”

Bam! There I was back in my very first A.A meeting, which happened to be a men’s wanderer’s group. The memory was so powerful, I could almost taste the smoke in that room that night! The fresh “sting” of the hurting new guy must have been written all over my face. Because at the meeting's end, what

AAGRAPEVINE

The International Journal of Alcoholics Anonymous



Step Four

“Made a searching and fearless moral inventory of ourselves.”

Tradition Four

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”

Tell Me About A.A.

Alcoholics Anonymous is a fellowship designed and administered by a bunch of ex-drunks whose only qualification for membership is they can't hold their liquor and have stopped trying to learn how to. It has no rules, no dues or fees. No nothing that any sensible organization seems to require. At meetings the speaker starts on one subject and winds up talking about something entirely different, concluding that he doesn't know anything about the program except that it works. The groups are always broke, yet seem to have money that pays the rent and keeps the coffee pot full. They are always losing members yet seem to grow. They claim AA is a selfish program but always seem to be doing something for others. Every group passes laws, rules, edicts and pronouncements that everyone blithely ignores. Members who disagree with anything are privileged to walk out in a huff, quitting forever, only to return as though nothing has happened and are treated accordingly. Nothing is ever planned more than 24 hours ahead, yet great projects are born and survive magnificently. Nothing in AA is according to Hoyle, so how can it survive? Perhaps it is because we have learned to live and laugh at ourselves. God made man, God made laughter too. Perhaps He is pleased with our efforts and makes things run right no matter who pushes the wrong button. Maybe He is pleased, not with our perfection but with our sincerity. Maybe He is pleased because we are trying to be nobody but ourselves. We don't know how it works, but it does. And members keep receiving their dividend checks from their AA investments.

IT'S GOOD TO BE SOBER, AND IT'S MUCH EASIER MY FRIENDS TO STAY SOBER THAN TO GET SOBER. Mark H.



Attention GSR's and meetings without them:

Please take a few moments to go to the district website to update your meeting information. Over the last year some new groups have developed and others have changed

from live meetings to hybrid meetings. This will help us to update the directory and meeting guides.

Please, it's important! Just click on the QR code. It will take you to the district form to update your meet-

It'll Be O.K. continued from page 1.

I shudder to think where my program would be without the benefit of my Saturday morning Big Book meeting!

Those three simple words. Even as green in the gills as I was, I somehow knew exactly what Rob meant that night. He didn't need to say, "One day at a time" or "Let go, let God," or even - "keep coming back! All of these were conveyed in that simple saying from a humble heart. Rob W. saw my hurt and wanted to help. I do not know how or why, but I believed him that night, I believed it would eventually be - OK!

In grateful Service, Matt S

As Peter Sees it

Found on Face Book:

"You don't control drugs or alcohol, it controls you. There are some lucky ones **who have beat it**, but don't think because they're still alive that their life is easy. *They fight every-day, all day to stay clean or sober. It's a constant battle from the time they open their eyes until they close them and it doesn't go away.*" (Anonymous)

Since I have no experience with trying to recover from addiction to any drug other than alcohol, my comments are limited to alcohol and what we used to call "alcoholism*". In the quote above, I assume the author means "recovered" by the phrase "who have beat it". Are you or I recovered alcoholics? That is a touchy subject for some. I, personally, consider myself to be a recovered alcoholic. I no longer meet the criteria needed to call myself an alcoholic. I no longer have physical cravings, nor do I have a mental compulsion to drink. The italicized sentence above does not apply to me. I do not fight every day. I do not battle to stay sober from the time I open my eyes until I close them. It has gone away!

For me, the italicized sentence above does describe a "dry drunk" or "white knuckling it" and I did struggle with that for a time early in recovery. For me, that state of mind is gone. In fact, I seldom think of alcohol at all unless I am at an AA meeting. That is the miracle of the program.

"We of Alcoholics Anonymous, are more than 100 men and women who have recovered from a seemingly hopeless state of mind and body." (Alcoholics Anonymous, Introduction to

As Peter Sees it Continued from page 2

removed. It does not exist for us.” (Alcoholics Anonymous, Fourth Edition, pg. 85)

* Prior to 1980, I was an alcoholic (DSM-1, Diagnosis and Statistical Manual of Mental Disorders, American Psychiatric Association, 1955 or DSM-2, 1968). However, in 1980, it turns out that I had alcohol dependence (DSM-3, 1980.) With the publication of DSM-5 (2013), I now have AUD (Alcohol Use Disorder). The term “alcoholic” is now considered to be an unhelpful and negative label (Medical News Today, Tim Newman, May 29, 2018).

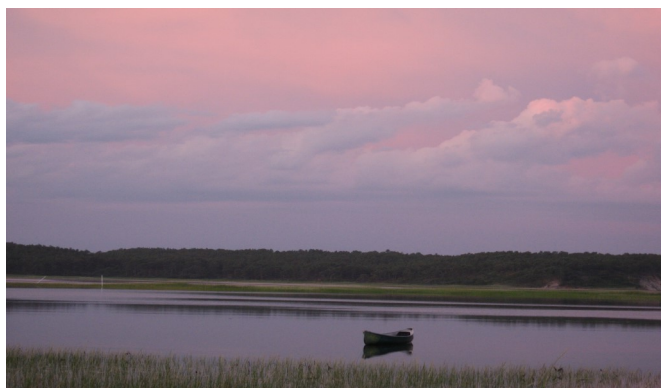
THE GLUM LOT

There is no such thing.

Stick around until the Miracle Happens.

The Fourth Concept

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



Answering Service Data February 20, 2021-March 21, 2021

Total Calls	35	Meeting Info	7	General Info	7
Spanish	1	12-Step	2	Treatment Facility Info	0
Solicitor	2	Wrong Number	1	Halfway House Info	0
Hang-up	15	Other Districts	4	Al-Anon	1
Will call back	0	Website	1	Miscellaneous	3
Virtual Meetings	1				

“A vast communications net now covers the earth, even to its remotest reaches... nothing matters more to AA’s future welfare than the manner in which we use the colossus of modern communication. Used unselfishly and well, it can produce results surpassing our present imagination.”

Bill W., The AA Grapevine, Inc., November 1960



Meeting Guide free mobile app

A free mobile app for iOS and Android. Designed to be simple, fast, and help you find AA meetings wherever you are.

Meeting Guide 3.0 is provided by A.A.W.S. to help people find AA meetings and resources near them. It's Free!



How to Submit Content to the *Conscious Contact* newsletter

1. Go to <http://district10nia.org/>
2. Hover over the “District Services and Committees” menu, and then click on the “Newsletter” submenu
3. Provide your name and either a phone number or email so that we can contact you if we have questions. Then type your content and click the “Submit” button.

District 10: PO Box 854, Libertyville, IL 60048**Northern Illinois Area:** Northern Illinois Area Ltd., PO Box 808, Streamwood, IL 60107**General Service Office:** PO Box 459 Grand Central Station, New York, NY 10163**District 10 Answering Service:** 847-362-1811**2021-2022 District 10 Officers (Confidential—this information is for A. A. use only)**

Every member of AA is welcome at District 10 meetings—

Zoom main meeting room, Meeting ID: 985 2630 5107, Password: DISTRICT10

The next District 10 meeting will be on April 25th at 6PM. For more details, go to www.district10nia.org. It will be a hybrid meeting so you may also attend at St. Gilberts Church in Grayslake 301 East Belvidere Rd. Grayslake, IL 60030 Traditions meeting starts at 5:30PM. Masks required.

Position	Chair	Phone	Email	Alternate	Phone	Email
DCM*	Michael L.			Mary R.		
Secretary*	Mary M.			Judd H.		
Treasurer*	Victoria H.			Kim K.		
Accessibilities**	Dave H.			OPEN		
Answering Service**	Janet J.			OPEN		
Archives**	Jeremy L.			Matt T.		
Bridging the Gap**	Brett C.			OPEN		
Corrections**	OPEN			OPEN		
C.P.C.**	Amy F.			Matt S.		
Directory**	Tom K.			Nathan C.		
Events**	Brandon B.			OPEN		
Grapevine**	Ted S.			Sharon T.		
GSR Contact**	Tony P.			OPEN		
Literature**	Alex E.			OPEN		
Newsletter**	Tad L.			Peter S.		
Public Info.**	Eric S.			OPEN		
Treatment**	OPEN			OPEN		
Website**	Dana T.			OPEN		